

# BABY MASSAGE TO IMPROVE SLEEP QUALITY FOR BABIES 0-6 MONTHS

**Jihan Sukma Aprilia**

Diploma III of Health Sciences Faculty of Health Sciences Diploma III Study

Programme 'Aisyiyah University Surakarta

Email: [jihanyoga17@gmail.com](mailto:jihanyoga17@gmail.com)

---

## SUMMARY

**Background:** In Indonesia there are quite a lot of babies who experience sleep problems, which is around 44,2% babies have sleep disorders such as frequent waking at night. But more than 72% of parents think sleep disturbance in babies is not a problem or just a minor problem. Infant massage is one of the oldest forms of therapy. Indonesian people have known baby massage since their ancestors and passed down from generation to generation. Massage can be done for parents to babies because of the many benefits that are obtained from baby massage. Baby massage can help generate nerve work which is beneficial for the motor and cognitive development of infants. **Methods:** The application of the importance of infant massage can improve the quality of sleep for infants aged 0-6 months and provide baby massage steps using booklet media. This method is effective because there are already proven research journals. **Result:** One of the media that can be used in providing information is the media booklet. Booklet media can be used with the aim of increasing knowledge, because booklet media contains clear and specific information. **Conclusion:** Media booklets can provide information on how to reduce the quality of sleep for infants aged 0-6 months with infant massage

**Keywords :** *Baby Massage, Sleep Quality, Booklet*